

Rest Time Ritual: ***Use That Magic Wand!***

Close the blinds, dim the lights and sing your class to a peaceful nap time.

Make or purchase a “magic wand”.
(Save it for use only at rest time.)

After your little ones are settled on their mats, tell them your magic wand makes kindergartners rest well.

Walk slowly through the room softly singing a short lullaby- “Twinkle, Twinkle Little Star” or “Rock-a-bye Baby” or any other you know.

Gently tap each child on the head as you sing.

Put on some soft music and watch their little eyes close! Sweet Dreams....